

The Family Flyer



Supporting Military Families
Cape Cod—Southeastern Massachusetts—SE New England

Need a Little Extra Cash??

Military Personnel Needed for Nutrition Research Study

Purpose:

- Determine how sleep restriction impacts immune function and wound healing time.
- Identify nutrition interventions to improve immune function and wound healing time after a period of sleep restriction.

You are eligible if you:

- Are between 18 and 35 and sleep between 6-9 hours per night at least 5 d/w;
- Aren't pregnant or lactating; you aren't taking anti-inflammatory drugs (such as ibuprofen), aspirin, lipid-lowering drugs or corticosteroids;
- Don't have a history of cardiovascular or psychiatric illness;
- Don't have a weak immune system, don't have an autoimmune disease, or are not recovering from a recent surgery (≤ 6 months).



Compensation: up to \$200.

For more information contact: Tracey Smith @ 508-233-4868 or Scott Montain @ 508-233-4564

Women Veterans' Spring Fling

SAT MAR 29, 2014 10AM-2PM

@ MSPP, 1 Wells St, Newton, MA 02459

Welcome in the spring with other women veterans in your community.

There will be door prizes, snacks, free parking, benefits information, networking and more! Woman veterans and their families are welcome!

****There will be children activities.**

RSVP: by [email](#) OR call 617-210-5958



Cape Cod Five to host workshops for small business owners



The Cape Cod Five Cents Savings Bank will host a series of workshops in March and April to provide local business owners with useful skills to run their small businesses smarter, faster and more safely. The workshops, "Money Smart for Small Business," will be conducted at the Cape Cod Five Sandwich branch in partnership with Coastal Community Capital.

Experts from both the Bank and from within the community will conduct eight workshops using a curriculum developed by the Federal Deposit Insurance Corporation and the U.S. Small Business Administration. Topics range from record keeping and tax planning to insurance and human resources.

Space is limited. To register and for more information go to www.CoastalCommunityCapital.org or call 508-362-3755.

The workshops will be held most Tuesdays, starting March 4 through April 29, from 9 to 11 a.m. The Cape Cod Five Sandwich branch is located at 85 Route 6A.

It's that time of year.... Tax time

2014 Free Military & Veteran Income Tax Assistance & Asset Building Program

Make you appointments now [HERE](#).

Massachusetts National Guard is proud to offer FREE tax preparation and asset building services again this year. **Open to all branches of military, veterans & families.** Program locations: Cape Cod, Ft Devens, Hanscom ARB, Natick, Newton, Reading, Wellesley, Westover AFB, Worcester

Note: You will be required to download and fill out two forms from the website. You **MUST** come to your appointment with these documents filled out or your appointment may not be honored.



Military One Source Tax Program—H&R Block

This is the same no-charge tax preparation program you may have used in past years.

Eligible to:

- All Active-Duty service members of the U.S. Army, Marine Corps, Navy and Air Force.
- Spouses and dependent children of eligible service member when the service member is deployed
- Medically retired individuals are eligible until 180 days past their End of Tour of Service, retirement date, or discharge date. For more information visit [Military OneSource](#) today!

Turbo Tax

Customized for active duty military and reservists

Get the military tax break you deserve, plus:

- Get guidance for military and civilian income, including combat pay, BAS and BAH
- Get every dollar you deserve—We'll search for all military related expenses, so you don't miss a thing
- Rest assured—If you've completed a PCS, we'll help you determine your state of residence

Get an extra 10% on top of your federal refund with our exclusive bonus*

To get started click [HERE](#).



TaxSlayer

All Active Duty Military can prepare both their Federal and State return for Free with our Military Edition!

- ♦ Live Phone Support*
- ♦ Step by Step Deduction Guide
- ♦ All Major Forms and Schedules*
- ♦ Real Time Tax Refund Calc
- ♦ Unlimited States

To get started click [HERE](#)

"TaxSlayer.com salutes the men and women of the United States Armed Forces, and is honored to perform its patriotic duty by offering this FREE service."



Great Getaways...

Would you be interested in a Free 4-hour Fishing Trip??

SIGN UP TODAY TO HELP SECURE THE GRANT FUNDING FOR THIS EVENT.

Summer 2014, out of Hyannis, MA

Hyannis Elks is trying to put together a free 4-hour fishing trip out of Hyannis on a Hy-line charter boat! The event would be open to our returning soldiers, including their families. There would be about 30 spots available.

If you are interested please contact SrA Michelle Copeland; 508-968-4854 or [EMAIL](#).



MWR Mohegan Sun Casino Bus Trip!

Sunday, APRIL 6, 2014

The bus will leave from the parking lot of Bldg 5210 (Crosswinds Activity Center)

TIME: Depart at 9:00 a.m. and return at 8:30 p.m.

Cost per seat is \$45.00, no refunds.

All bus riders will be given \$25.00 in vouchers when we arrive at Mohegan Sun.

They are good towards meals in select restaurants in the casino and gambling areas.

Stop by the MWR Admin Office, Bldg 5205, SOON to purchase your seat for this trip! Seats are limited and cannot be held.



12th Annual Heroes Breakfast

American Red Cross Cape Cod and Islands Chapter

Friday, March 28, 2014 from 7:30 a.m.—9:00 a.m.

@ The Resort & Conference Center, Hyannis MA

Please join the Cape Cod Chapter of the American Red Cross to celebrate the life-changing achievements of the everyday heroes in our community. This year's special guest presenter Captain Richard Phillips.

This year's event highlights ten life-saving acts including military honorees.

For tickets and event details, please visit their [WEBSITE](#) or call (508) 775-1540, x 14.



American Red Cross
Cape Cod and Islands Chapter

Attention 102IW Married Couples

The 102IW Chaplain Staff and Airman & Family Readiness Office invite you to attend a special weekend retreat.



Laugh Your Way to a Better Marriage will be offered to 10 (ten) Wing Couples on **SAT 22 & SUN 23 MAR.**

The location is yet to be determined but space is filling up fast!! If you and your spouse are interested in joining in this fun & useful event don't hesitate – **SIGN UP TODAY!**

This is a no cost event, where breakfast & lunch will be provided along with a hotel room and mileage.

Child care will NOT be provided.

To sign up or for any questions please contact the Chapel Team: 508-968- 4508 or email Chaplain [Dave Berube](#)

For The Kids

FREE Cape Cod Military Family Easter Egg Hunt



DATE: SATURDAY, APR 19

TIME: TBD

The Golf Club of Cape Cod, Ballymeade and the Otis Civilian Advisory Council invite all Cape Military Families to a FREE Easter Egg Hunt at Ballymeade, in North Falmouth, MA.

On hand will be the Easter Bunny, Balloon Artist, Face Painter, and food!

Reserve Your Space Today! Contact email for information or to register [Michelle Copeland](#)

Purple Up! For Military Kids

April marks the nation's "Month of the Military Child," a time to honor youth impacted by deployment." In celebration, we invite you to join us for the 4th annual Purple Up! for Military Kids. On Tuesday, April 15th, the UMASS Extension 4H Youth Development Program along with the MA National Guard Child and Youth Program is encouraging people across the state to wear purple as a visible way to show support and thank military children in Massachusetts for their strength and sacrifices. Purple is the color that symbolizes all branches of the military, as it is the combination of Army green, Marine red, and Coast Guard, Navy and Air Force blue.



Scholarships

NGAMA 2014 Scholarship Program

DEADLINE: MARCH 31

The National Guard Association of Massachusetts and The Adjutant General, announce that two \$2,000 scholarships will be awarded to Massachusetts National Guard personnel and their sons, daughters, or spouses.

*You must be enrolled in, or planning to attend a regionally or nationally accredited degree or technical program to apply for this scholarship

For the application and more details [EMAIL](#) MSgt Rogissart.



OCAC Scholarship

DEADLINE: MAY 1

Otis Civilian Advisory Council Scholarship is being offered for military dependents. Four recipients will be chosen for the \$1000 per student award. Applications have been sent to all high school guidance departments on and near the Cape.

If you cannot obtain the application please contact SrA Michelle Copeland by [EMAIL](#).

Employment Opportunities & Job Search Resources



FREE Veterans Entrepreneurship Program (VEP)

VEP is designed for veterans interested in starting a new venture as a means to financial independence and for veterans who have an existing business for which they would like to increase profits.

This program has three (3) phases and offers an innovative and effective combination of training, growth, as well as a support for program graduates. FREE to veterans who are selected. Instruction, materials, travel expenses, lodging and meals for the Phase II Boot camp will be provided at no cost to each delegate. For more info on qualifications, program or how to apply [HERE](#).

Boston Veteran Job Fair

WHEN: April 10, 2014 from 11:00 AM – 3:00 PM

WHERE: Gillette Stadium ,1 Patriot Place, Foxborough, MA

At a Recruit Military Opportunity Expo, you can begin the selection process with what is normally one of the final stages of a face-to-face meeting with the candidate. For more information visit their [WEBSITE](#).

"If you are looking for a job or career in this tough economy, you have to try every opportunity. Its good to see that there is a place for military service members to get an edge." - *Boston Expo Attendee*

Edge4Vets Workshops

WORKSHOP 1: Feb 28 ; WORKSHOP 2: March 7 ; WORKSHOP 3: March 28

WHERE: UMASS-Lowell Inn and Conference Center, 50 Warren St, Lowell, MA.

TIME: 11:00 a.m.—2:00 p.m.



Edge4Vets offers three 3-hour workshops in February and March to help student/veterans translate their military strengths into “tools” for a range of Life Sciences careers - from pure science to business.

All who complete the free 9-hour workshop series will receive a guaranteed interview for an internship with one of our Life Sciences partners.


RSVP soon, contact [Janine Wert](#), UMASS-Lowell Veteran Coordinator.

MARCH 2014

To register for or cancel a Workshop, Seminar or Event, please call 508-732-5300

Note: Workshop Dates/Times Subject to Change

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Resume Review (by appointment) Introduction to PC's 1:30pm - 3:30pm</p>	<p>Mature Worker Job Search Tips 10:30am -12:30pm Financial Tips During Hard Times I 1:00pm - 3:00pm</p>	<p>Excel Basics ^{L4} 9:30am-12:30pm Massasoit Information Session 10:00am-12:00pm Linked-In (Advanced) 1:00pm - 4:00pm Boston South Women's Employment Network 1:00pm - 3:00pm</p>	<p>Intro to MassCIS 1:30 - 3:00pm</p>	



36 Cordage Park Circle, Suite 200, Plymouth, MA 02330

Work Hard, Play Hard!



Zumba Classes \$3

MON–THURS 1830–1930

FRI 1000–1100

@ Racquetball Court Building
next to the Falcon Golf Course,
Joint Base Cape Cod

The cost of the class :

\$3 per class, or

\$30 for a month pass.

Galley Menu @ Air Station Cape Cod

22 & 23. FEB 2014

Cost:

Breakfast & Lunch \$5.65

		SATURDAY 1830-1930		SUNDAY 1830-1930		DINNER 1645-1730	
		Menu	Price	Menu	Price	Menu	Price
Saturday	Breakfast	EGGS TO ORDER HASHBROWN PATTIES WAFFLES GRILLED BACON/TURKEY BACON FRESH FRUIT Juice, Milk, Coffee, Hot Cocoa Dry Cereal	150/7 218/2 ♥ ♥	GRILLED KIDNEYS CURLY FRIES MEDITERRANEAN PASTA SALAD TR-COLOR CAULIFLOWER Breakfast Bar Tossed Salad PEANUT BUTTER BROWNIES SOUP DU JOUR	485/19 240/6 140/6 ♥ ♥ ♥ 275/11	BEEF BURGUNDY BUTTERED EGG NOODLES MIXED VEGETABLES DINNER ROLLS Tossed Salad PEANUT BUTTER BROWNIES SOUP DU JOUR	400/11 110/2 ♥ 125/4 ♥ 275/11
	Lunch	EGGS TO ORDER SHREDDED HASH BROWNS PANCAKES SAUSAGE PATTIES/TURKEY PATTIES FRESH FRUIT Juice, Milk, Coffee, Hot Cocoa Dry Cereal	135/8 175/2 ♥ ♥	MONTE CRISTO SANDWICHES HOT QUINOA SALAD MALIBU BLEND VEGGIES Breakfast Bar Tossed Salad SNICKERDOODLES SOUP DU JOUR	565/21 ♥ ♥ ♥ 295/11	ROASTED WHOLE TURKEY RED BLISS BOILED POTATOES GRAVY GREEN BEAN CASSEROLE Tossed Salad SNICKERDOODLES SOUP DU JOUR CRANBERRY SAUCE	360/11 265/8 110/6 205/5 ♥ 295/11 ♥

Making Your Money Work for You!

DATE: Tuesday, March 11 from 12:00 p.m.—12:45 p.m.

WHERE: Hanscom AFB, Building 1505 Room E130B

This Lunch & Learn event is designed to help set goals and give you the resources you need to build a solid financial foundation; Creating a budget, establishing financial goals, debt reduction options & preparing for next year.

Register by March 9! Call 781-698-2291 or visit their [WEBSITE](#).



Met Life

Don't forget to remind your military sponsors to enroll their child(ren) in the TDP today and protect their smile! Their dedicated military service entitles them to receive this benefit.

Visit [TRICARE](#) to enroll or [METLIFE](#) for additional information or call 1-855-638-8371.



Register Today at
www.mass.gov/treasury/operationmoneywise



SATURDAY MARCH 22, 2014
MASS BAY COMMUNITY COLLEGE
50 OAKLAND STREET
WELLESLEY

This is a **FREE** one-day personal finance event for
servicemembers, veterans and their families.

Class Topics:

Dealing with Debt
Budget & Goal Setting
Retirement
Higher Education

Healthcare
Money & Disability
Home Buying
Career Counseling

CONTINENTAL BREAKFAST COMPLIMENTARY CHILDCARE* DOOR PRIZES LUNCH

**ages 3-8 yrs old*

Presented by the Massachusetts Financial Literacy Trust Fund and
the Office of the Massachusetts State Treasurer in partnership with:



ISFAC
Massachusetts Inter-Service
Family Assistance Committee



MASSBAY
COMMUNITY COLLEGE
Your dreams. Our mission.

Questions? Contact Sheila O'Loughlin, Financial Education Coordinator,
at (617)367-9333 x 615 or fltf@tre.state.ma.us

Massachusetts National Guard
Airman & Family Readiness Program
Joint Base Cape Cod, MA



Requests to be
added or removed
from this
distribution list
may be sent
directly to [Erin](mailto:erin.creighton@ang.af.mil).

Erin Creighton
Program Manager
102IW/ A&FRPO
156 Reilly St Box 70
Otis ANG Base, MA 02542
Phone: 508-968-4855
Fax: 508-968-4846
erin.creighton@ang.af.mil

THE AMAZING FAMILY PROGRAM RACE

"Route to Resiliency"

28-30 March 2014

2014 Massachusetts National Guard Family Program
Volunteer Workshop

FREE training weekend. Make stops along the way to network,
train, and learn how to navigate the multiple Family Program
Resources.

Southbridge Hotel & Conference Center
14 Mechanic Street
Southbridge, MA 01550

Military Saves Week

Military Saves Fair

Tuesday, Wednesday and

Thursday, 25-27 February from 10:30 a.m.-1:30 p.m.

Hanscom FCU, 1610 Eglin Street

-Supercharged Savings Product, Special Prize Drawing, Credit
Counselors, Credit Score Review, etc.

Workshop: Become a Successful Couponer

Thursday, 27 February from 5:30 p.m.-6:30 p.m.

Airman and Family Readiness Center, Bldg 1218, 20 Kirkland Street



Find
"Otis
FamilyProgram"
on
Facebook!



FREE Movies



[To find out
what's playing](#)

Roxy February Vacation Show Schedule

Friday, February 21st at 4pm

"The Hobbit: An Unexpected Journey" Rated PG-13

THEN at 7:30pm Part II of the story

"The Hobbit: The Desolation of Smaug" Rated PG-13

Saturday, February 22nd at 5pm

"The Hunger Games: Catching Fire" Rated PG-13

THEN at 8:00pm "Lone Survivor" Rated R

Sunday, February 23rd at 2pm

"Walking with Dinosaurs" Rated PG

This announcement is provided for the benefit of members of the National Guard. It is intended for informational purposes only
and does not constitute an endorsement by the Massachusetts National Guard, the Commonwealth of Massachusetts or the
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